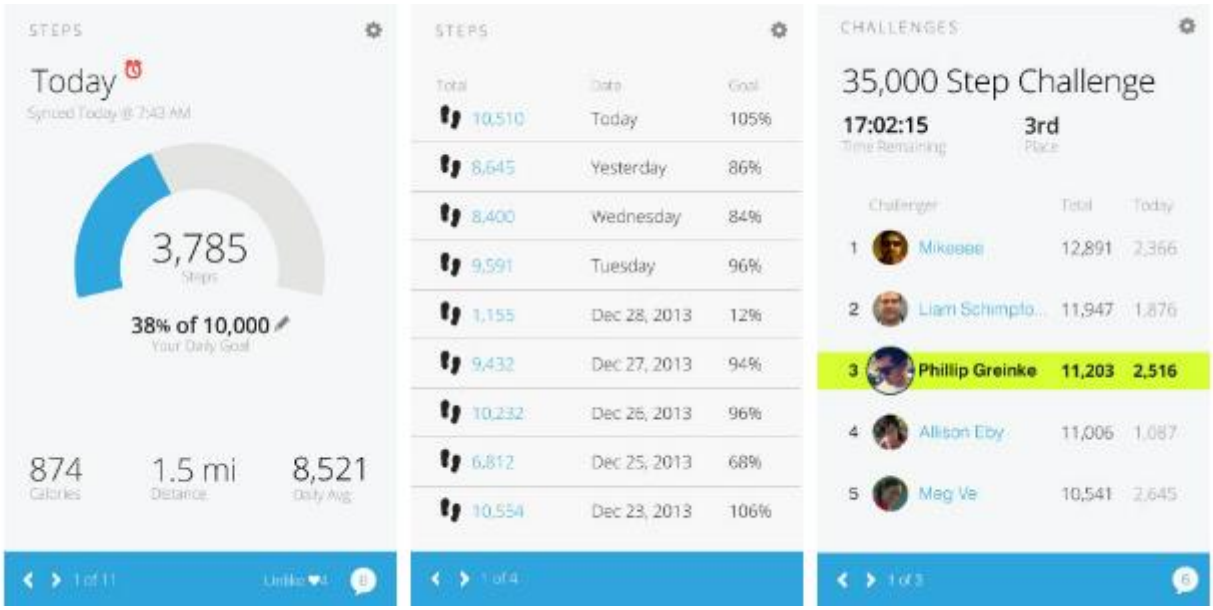
The Fitness Band that Moves at the Pace of YOUR Life

- Learns your activity level and assigns a personalised daily goal
- Displays steps, calories, distance and monitors sleep
- Pairs with heart rate monitor[1] for fitness activities
- 1 year plus battery life; water resistant[2]
- Save, plan and share your progress at Garmin Connect™

Whatever your level of fitness, you already know the active steps you take now can improve your overall wellness today, tomorrow and well into your future. And while it seems simple to get out of that chair more often and move, making it stick is another matter. That's where vívofit can turn good intentions into lifelong habits. It's the only fitness band that greets you with a personalised daily goal, tracks your progress and reminds you when it's time to move.



Personalised Daily Goals

vívofit learns your current activity level, then assigns an attainable daily goal. As you meet your milestones, vívofit will adjust your goal for the next day, gradually nudging you toward a healthier lifestyle. At Garmin Connect™, our free online fitness community, you can earn virtual badges and view your progress.

Tells Time and "Time to Move"

Research shows prolonged periods of inactivity such as sitting at a desk decreases your body's production of fat-burning enzymes. You can reverse that effect by taking frequent, short walk breaks throughout your day. And while you might lose track of time and forget to move, vívofit knows. A red move bar appears on the display after 1 hour of inactivity and builds when you've been sitting too long. Just walk for a couple of minutes to reset the move bar.

Keep Moving

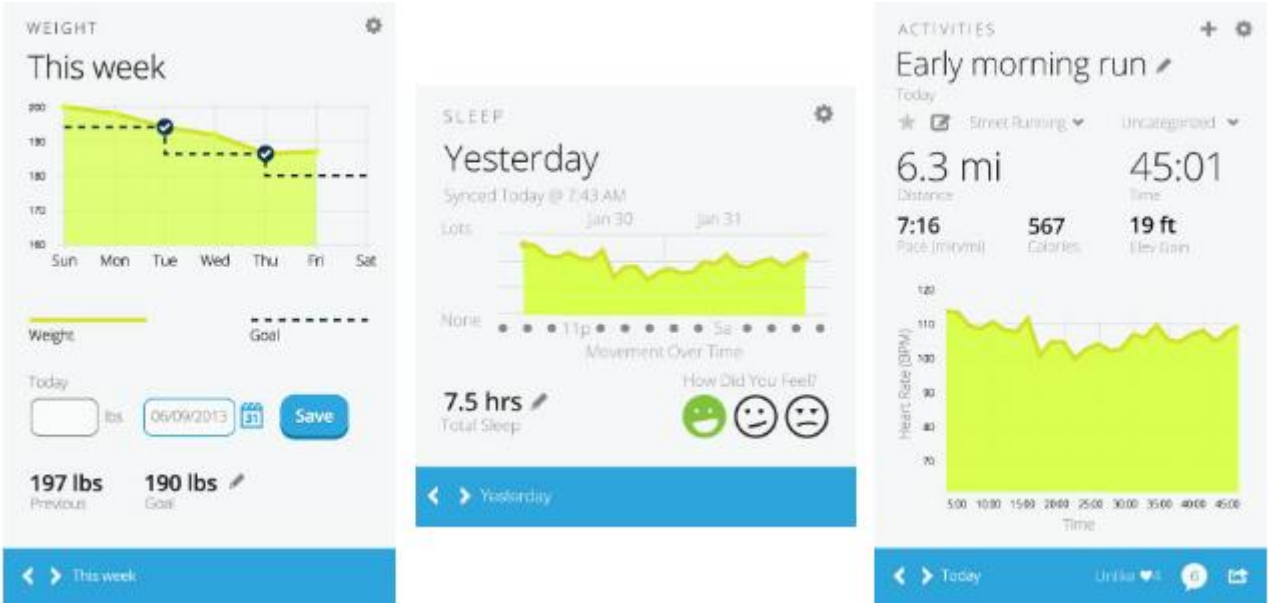
When you're ready to take the next steps toward better health, vívofit has additional features to keep you motivated. Use a heart rate monitor[1] with vívofit to record your heart rate data and get more accurate calorie burn information for any fitness activity, such as a run or a session at the gym. Also at Garmin Connect, you can join online challenges with other vívofit users or start your own competition with friends to compete for virtual badges and bragging rights.

Always On

vívofit follows your progress 24/7, and it can stay on for more than a year without a battery change. Set the sleep mode when you go to bed and vívofit will monitor your rest. At Garmin Connect, you can see your total sleep hours as well as periods of movement and restful sleep. The vívofit band is water-resistant[2], so you can shower or get caught in the rain, worry-free.

Get Connected

With the touch of one button, you can wirelessly sync vívofit with Garmin Connect to see a complete picture of your progress, join online challenges and earn virtual badges for extra motivation. You can access our free online community from your computer or on your compatible mobile device[3] with the Garmin Connect™ Mobileapp.



Physical & Performance	
Unit Dimensions	21mm wide x 10.5mm thick
Wristband sizes (length)	120-175mm (small); 152-210mm (large)
Display Size	25.5mm wide x 10 mm high
Weight	25.5g
Battery	Two replaceable CR1632 coin cells
Battery Life	1 year or greater
GPS Enabled	No
Water-resistant	Yes (up to 50m)
Features	
History	Stores more than 1 month of 24/7 activity data on device between syncs
Heart Rate Monitor compatible	Yes
Wireless Sync	Yes (Bluetooth® Smart technology or USB ANT™ Stick)
Garmin Connect™ Compatible	Yes
Customisable Data Screens	Yes
On-device data fields/screens	Daily step count, goal countdown, distance, calories, time of day, heart rate and heart rate zone